The Nature Pyramid:

Guidelines for Life

Created By Tanya Denckla Cobb April 20, 2007

Inspired by Richard Louv's book,
"Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder"

Least Least time with **Important** activities indoors that provide no Less contact with nature; connection to Activities are more supervised, structured More time with activities outdoors that are supervised, structured, outer-directed/oriented, and occuring in nature - although meaningful connection to nature may be absent. Examples: competitive sports, team sports, and educational activities conducted outdoors but not about nature More time with activities outdoors that are less supervised, less structured, more inner-directed/oriented, with more meaningful connection to nature. Examples: recreational activities and sports, including gardening, camping, hunting, foraging, boating, vacations, and environmental education conducted outdoors. Most time in activities outdoors that are unsupervised, Important unstructured, inner-directed/oriented, that involve more More contact with nature; interaction with nature and one's imagination, resulting in a

more meaningful connection to nature and hearing "nature's

voice." Examples: unstructured play outside, individual

environment that require active interaction with nature.

exploration outside, educational activities about the

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